

Goal Setting Worksheet

When done with intention and care, setting goals can help athletes develop sports skills, increase self-esteem and perseverance, build their work ethic, and learn to ask for support.¹ Collaborating with athletes in the goal-setting process encourages them to tailor goals based on their personal preferences, feel more connected to their success, and invested in progressing towards achievement.²

When setting goals, coaches should guide athletes to set effort based goals - so they have control over achieving them. Goals should be SMART - Specific, Measurable, Achievable, Relevant, and Time-Based.³ This worksheet will support athletes in drafting their goals.

What are you hoping to accomplish? Aim for this to be an effort based goal - something that you will have control over.

What does success look like? Be specific.

How can you measure progress towards achieving your goal?

When do you hope to see this goal accomplished?

Who will you share this goal with? How will you stay accountable to it?

1. The Importance of Goal-Setting for Teens, Boys and Girls Clubs of America, <https://www.bgca.org/news-stories/2022/January/the-importance-of-goal-setting-for-teens/#:~:text=Teenage%20goal%2Dsetting%20can%20help,work%20ethic%20and%20build%20perseverance.&text=Goals%20give%20us%20something%20to,hard%20work%20%E2%80%93%20something%20to%20celebrate>
2. Practices of Promise - Washoe County School District, CASEL, <https://casel.org/practice-of-promise-youth-voice-washoe/?view=true>
3. How to Write SMART Goals - Indeed, <https://www.indeed.com/career-advice/career-development/how-to-write-smart-goals>

